An acupressure device for use on a selected skin surface portion of a human body, the 1. device comprising:

a thin flexible base sheet having a first side, a second side and a margin, the margin having at least a portion shaped as an orienting margin, wherein the orienting margin is shaped to correspond to a shape on or adjacent to the selected skin surface portion when the base sheet is placed on the selected body surface;

an adhesive layer on the first side of the base sheet suitable for attaching the base sheet to the selected skin surface portion; and

at least one bead on the adhesive layer suitable for positioning against the selected body surface for providing acupressure to at least a portion of the selected body surface.

- (Amended) The device of claim 1 wherein the flexible base sheet comprises a synthetic **2**. polymeric film, synthetic polymeric fibers in a woven fabric, or natural fibers in a woven fabric.
 - The device of claim 1 wherein the at least one bead comprises a metal or metal alloy. 3.

silver.

- (Amended) The device of claim 3 wherein the metal or metal alloy is selected from the group consisting of iron, titanium, stainless steel, nickel, copper, tin, zinc, platinum, gold, and
- (Amended) The device of claim 1 wherein the at least one bead comprises a polymeric 5. compound, a ceramic compound, a glass compound, or a rubber compound.

M

- 6. (Amended) The device of claim 1 wherein the base sheet further comprises a tab, suitable to wrap around a portion of the body adjacent to the selected skin surface, and adhere when the devise is applied, thus providing a compression which increases the contact between the body surface and the at least one bead.
- 7. (Amended) The device of claim 1 wherein the selected skin surface portion of a human body is the tragus, said device further comprising a tab, suitable for adhering to the back of the tragus, and wherein the orienting margin is shaped to correspond to the front of the tragus when the base sheet is placed on the selected body surface.
- 8. (Amended) The device of claim 7 wherein the flexible base sheet comprises a synthetic polymeric film, synthetic polymeric fibers in a woven fabric, or natural fibers in a woven fabric; and wherein the at least one bead comprises iron, titanium, stainless steel, nickel, copper, tin, zinc, platinum, gold, or silver.
- 9. (Amended) The device of claim 1 comprising two or more beads.
- 10. (Amended) The device of claim 1 further comprising a release film.
- 11. (Amended) A kit of parts comprising the device of claim 1, packaging material, and instructions for use in acupressure.
- 12. The kit of claim 11 wherein the instructions comprise one or more pictures illustrating how to align the orienting margin with the shape on or adjacent to the selected skin surface.

- 15. (Amended) A method for applying pressure to one or more selected points on a selected skin surface portion of a human body comprising aligning an orienting margin of the device of claim 1 with a corresponding shape on or adjacent to said skin surface portion, conforming the shape of the device to the intended site of adhesion and causing adhesion of the device, wherein said adhesion of the device results in the application of pressure to said selected points.
- 16. (Amended) A method for correcting an energy flow imbalance in a human comprising applying the device of claim 1 to an acupressure point on the skin of said human.
- 17. (Amended) A method for producing an increased sense of well-being in a human comprising applying the device of claim 1 to a selected skin surface portion of said human.
- 18. (Amended) A method for treating a condition selected from headache, premenstrual syndrome, stress, anxiety, muscular-skeletal pains, allergies, nausea, pain, menstrual cramps, low back pain, dental analgesia and depression, in a human comprising applying the device of claim 1 to a selected skin surface portion of said human.
- 19. (Amended) A method for promoting weight loss in a human comprising applying the device of claim 1 to a selected skin surface portion of said human.
- 20. (Amended) A method for promoting smoking cessation in a human comprising applying the device of claim 1 to a selected skin surface portion of said human.
- 21. (Amended) The method of claim 15 further comprising applying external pressure one or more times to said device on the skin.

- 22. The method of claim 18 further comprising applying external pressure to said device when a symptom of said condition appears or worsens.
- 23. The method of claim 19 further comprising applying external pressure to said device to alleviate an immediate desire to eat.
- 24. The method of claim 20 further comprising applying external pressure to said device to alleviate an immediate desire to smoke.
- 25. (Amended) The method of claim 21 wherein the external pressure is applied by pinching said device against said skin surface portion.
- 26. The method of claim 21 wherein the external pressure is applied multiple times over a period of hours.

Amage